

## **So Many Ways to Move!**

### *What do you want to try?*

Acrobatics	Hacky sack	Rugby
Aikido	Hiking	Running
Archery	Hip hop	Sailing
Backpacking	Hopscotch	Salsa
Badminton	Horseback riding	Scavenger hunts
Ballet	Horseshoes	Sculling
Baseball	Hula hoop	Shooting hoops
Basketball	Hunting	Skateboarding
Beach volleyball	Ice hockey	Skating
Belly dancing	Ice skating	Skiing
Bicycling	Indoor track and field	Skipping
Boating	Jazz dance	Snowboarding
Boot camps	Jazzercise	Soccer
Bowling	Juggling	Softball
Boxing	Jumping rope	Spin classes
Canoeing	Kayaking	Strength training
Capoeira	Kickball	Surfing
Cheerleading	Kickboxing	Swimming
Crew	Kite flying	Tai chai
Cross-country running	Lacrosse	Tennis
Cross-country skiing	Line dancing	Tether ball
Dance team	Martial arts	Three flies up
Diving	Modern dance	Track and field
Downhill skiing	Motocross	Trekking
Dragonboat racing	Mountain biking	Volleyball
Equestrian sports	Mountain climbing	Wakeboarding
Farming	Outrigger canoeing	Walking the dog
Fencing	Pickup games	Water polo
Field hockey	Pilates	Waterskiing
Fishing	Ping pong	Weightlifting
Flag football	Playing frisbee	Whitewater rafting
Frisbee golf	Pokemon Go	Wii sports
Gardening	Ranching	Windsurfing
Going to the Y	Rock climbing	Wrestling
Golfing	Ropes courses	Yoga
Gymnastics	Rowing	Zumba

*The best way to keep your heart alive is to use it – and to have fun doing it!*